

Nutrition Facts

Serving Size 1 EA/Portion

Breakfast, Omelet Veggie

Amount Per Serving

Calories 421.5

Calories from Fat 264.3

% Daily Value*

Total Fat 29.6g **46%**

Saturated Fat 13.5g **68%**

Trans Fat 0g

Cholesterol 526.9mg **176%**

Sodium 513mg **21%**

Total Carbohydrates 9.1g **3%**

Dietary Fiber 1.4g **6%**

Sugars 3.7g

Protein 30.6g

Vitamin A **0%**

Vitamin C **0%**

Calcium **1%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.